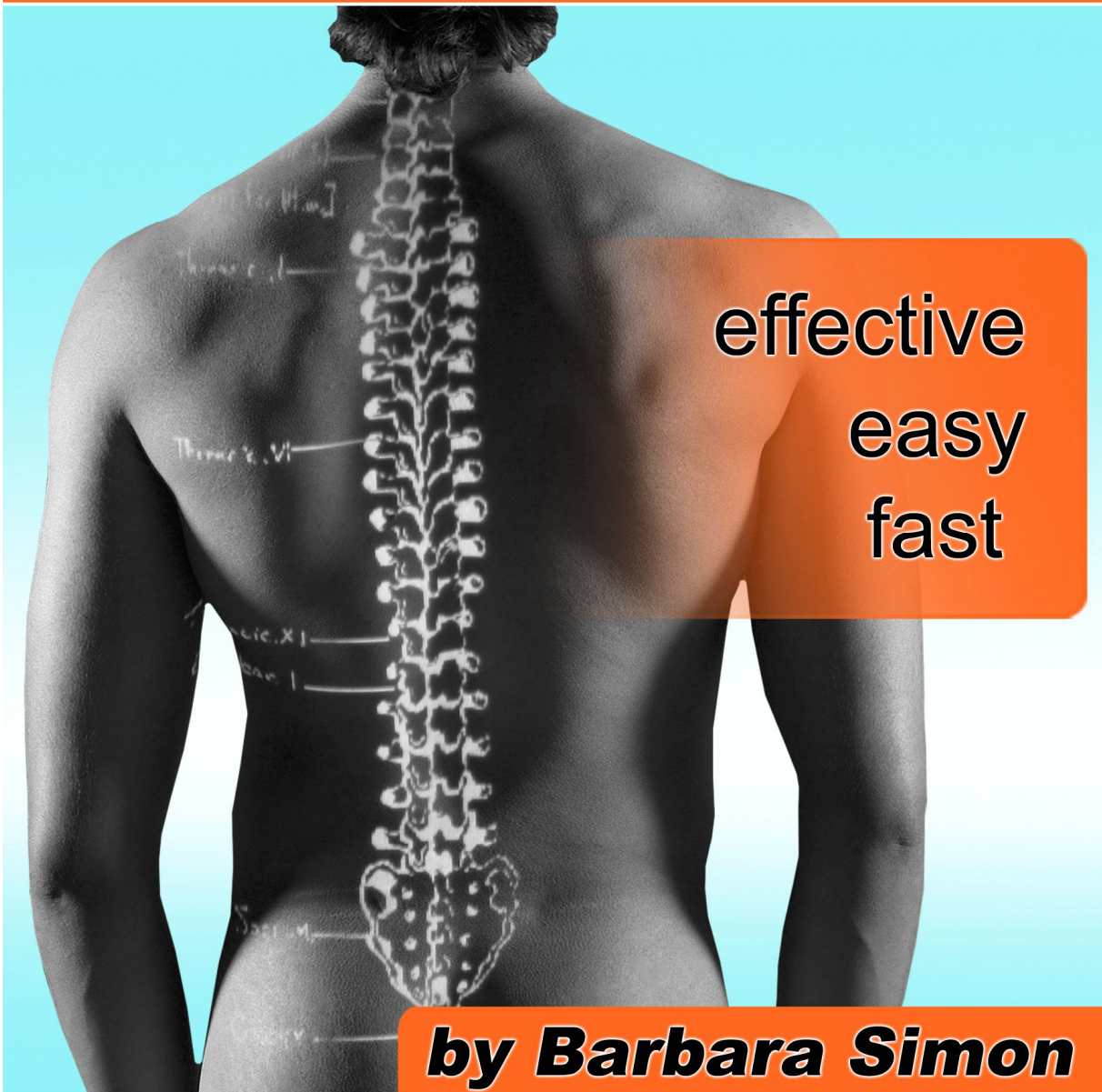


Let's talk back:

new, simple exercises reveal
the secret to a painfree back



effective
easy
fast

by Barbara Simon

Dip. N.T., Cert. Ref., Dip. S.T., Cert. A.Acup., Cert. Th. Mass.

Dear Reader,

I am proud to present this valuable little book to you and hope that you will benefit from reading it and doing the exercises within it.

A few years ago when I started working as a Dorn Spinal therapist in Germany, I never would have thought that one day I would be living in Sydney. I perform Dorn Spinal Therapy here, to help many people overcome their back or neck pain. And now, writing this book with exercises, that people all over the world can access and use to become active in eliminating their back pain.

Life is full of surprises and no-one knows what is written in their diary of life. Therefore, it is good to be prepared, and keep your body and mind in shape. You then can take on all the surprises that await you, with an open mind and a healthy body.

Don't miss out on your potentially biggest events in life just because you don't feel well! Don't let pain or lack of fitness, mental and/or physical, come your way. Act early enough before it becomes chronic. If you already suffer from a chronic disease, don't give up. There is always hope.

Keep an open mind, and you will find a solution for your problem – maybe it is Dorn Spinal Therapy.....

I wish you all the best and trust that you will be successful using this book and getting to know your first Dorn therapist.

Barbara Simon

Sydney, Australia –September 2007



Before you start reading this book I must express the importance of seeking medical attention when you have strong pain or after you have had an accident, a fall, or injured your back in any other circumstances. It is important to rule out any fractures, ruptures or other conditions that may be detrimental to proceeding with any of the exercises contained in this book. These exercises are good to add to your already existing exercises or start up your own routine to keep your back healthy. If you are not sure about how to do certain exercises, seek advice from a Dorn Spinal therapist or, if no local therapist, from your doctor or health practitioner or physiotherapist.

Here's the fine print:

The information contained in this book is educational in nature. The author has made every effort to ensure that all information is complete and accurate. However, the information and advice contained in this book is not intended as a substitute for consulting your doctor or health practitioner regarding any action that may affect your well-being. Individual readers must assume responsibility for their own actions, safety and health. The author shall not be liable or responsible for any loss, injury or damage what-so-ever allegedly arising from any information, exercise or other suggestion contained in this book.



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Introduction

Healing with special touches and movements on spine and joints is as old as the human being. The manual therapy of Dorn also goes back to folk medicine. The experiences of different healers over the years have been brought together to form a complete therapy. This offers a new possibility for anyone suffering from any sort of back pain, neck pain and/or headaches.

Not only does it offer a new treatment approach for practitioners, it also has a wide range of self-help exercises that enable you to speed up your own healing process and make you more independent from practitioners.

In Part One of this book I will explain the main common facts of back pain and the basic knowledge about the pain related to body parts and functions. Please do yourself a favour and read this information carefully. It is vital to understand the different causes of pain as well as the basics of your spine, especially if you intend to work on it by yourself.

Then I will introduce the basics of the Dorn Spinal Therapy.

Furthermore, I will explain the differences between the most popular and competing treatment, Chiropractic, and why Dorn Spinal Therapy in particular is an ideal self-help for back pain-related problems.

Part Two of the book contains the exercises to relieve your back and neck pain by yourself in the most simple but efficient way, anytime and anywhere! You can refer to that section whenever you need a “quick fix”.

Part Three will give you some vital information about the do's and don'ts for a better back as well as some additional self-help modalities.



Last but not least I would like to stress that all your comments on this self-help guide are highly welcome. Whenever you have a question or a suggestion for an improvement just send an e-mail to info@backcaresolutions.net Of course I would love to hear success stories: how you beat your back pain and how this book has made a difference to your wellbeing in dealing with one of the most common medical problems in our modern society.

One more thing:

Back Care Solutions always try to provide you with the latest and most helpful information possible. But at the end of the day it is YOU who has to put them in place. I am confident that if you take action, and do the exercises on a regular basis **you will succeed**. Do your body a big favour by looking after yourself and you will be rewarded for it in the long term. Your journey to a pain-free back can start here and now.

I know that Dorn Spinal Therapy is a very effective treatment and not only do I practice and teach it, I am confident that in no time there will be more and more practitioners in Australia. Thereby affording a chance for everyone to experience the treatment and the benefits. So keep on asking for Dorn Spinal therapists in your area and help make this technique more popular.

I am running training courses for interested people, not only therapists but anyone who would like to help family and/or friends with their back pain. It is an easy-to-learn technique and you do not need much knowledge of anatomy and physiology. For more information go to www.backcaresolutions.net and click on the workshop link.

I hope you enjoy reading this book and learn how to help yourself with your pain management and of course recommend it to other people with back and/or neck pain.



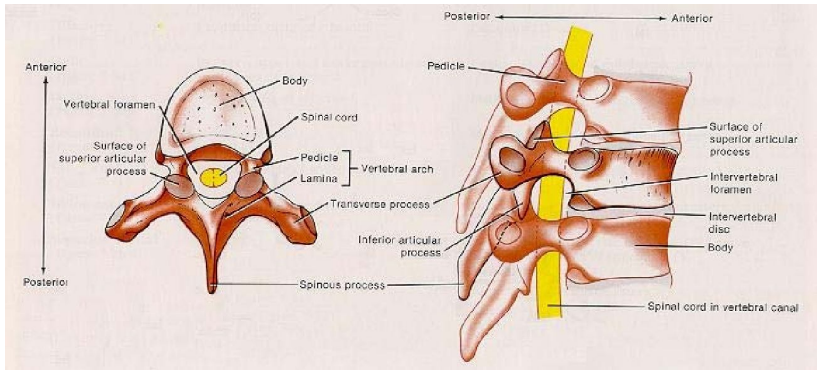
1. THE DORN SPINAL THERAPY

1.1 The Spine

1.1.1 The Vertebrae

Main Parts

- the spinous processes (the bony ends we can feel on the spine)
- 2 transverse processes, one on each side
- the vertebral foramen, where the bone marrow sits
- the vertebral body



The spine is nowhere near as fragile as we might think, therefore it is not a problem to work on it with a fair amount of pressure, given no osteoporosis is evident.

The vertebrae are connected by cartilage and joints and are secured by lots of different ligaments.

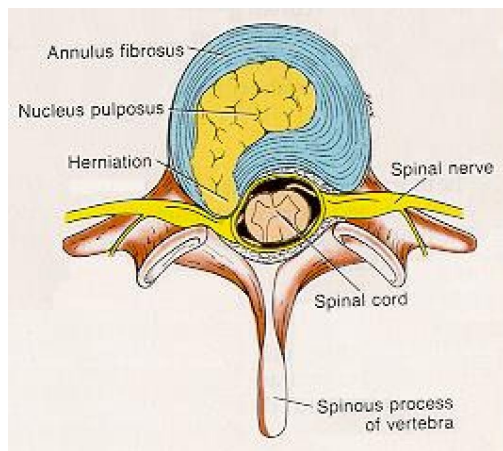
1.1.2 The Discs

In-between the vertebrae there are the discs. They consist of fibrous cartilage and inside have an aqueous nucleus pulposus, a little ball-like water cushion.

The discs make sure we are flexible when we bend and with this action the nucleus shifts. When we experience a prolapsed disc, that is when



the nucleus has been pressed out of the disc (see picture) and is in contact with the nerve, producing various degrees of pain.



The spine keeps the head upright, carries the skull and supports the shoulders and pelvic girdle.

The vertebral body becomes bigger, the further down we look, so as to carry more weight.

The shape of the spine is a double "S" which helps protect the very sensitive brain from vibration and also to withstand the impact which walking, jumping, sports etc. has on our spine. It also ensures elasticity and flexibility of the spine.

Looking at the vertebrae from the top down, the vertebral foramen form the vertebral canal in which we find the marrow. In between the vertebrae we find a hole, the intervertebral foramen, through which the spinal nerves emerge. Those spinal nerves are a crucial part in the support and nourishment of our body organs and functions.

The human being is the only vertebrate with a bend between lumbar vertebrae and sacrum, due to walking upright. We obviously pay a high price for being upright as problems in the area of lumbar vertebra 3-5 are much more common than in any other areas.



1.1.3 Reasons For Abnormal Positioned Vertebrae

Often when patients ask the reason for their pain they are told that their discs have worn down. That can be a little bit misleading. Every cell of the body rejuvenates itself permanently and that happens also in the spine and the discs.

In other words, if our body parts were to wear down, the first ones would be our hands and fingers, but they remain the same length, regardless of whether you use our hands for gentle or hard work. Regarding the discs in the spine, it would be more precise to speak of deformations rather than worn down. On the other hand there are cases where discs or vertebrae can be damaged faster than the body is able to replace the damaged parts – especially the older the patient gets.

Why Discs “Slip”

- upright walking
- lack of movement
- diet
- shock
- stress
- accident
- prenatal scoliosis
- leg length difference
- weak muscles
- emotional problems

The abnormal positions of the discs due to various deformations are numerous.

The main reason is walking upright, the second main one is the lack of movement and exercise. Prenatal scoliosis, shock and stress, accidents, high strain e.g. right or left handedness, differences in leg length and many more circumstances can lead to a "slipped" disc.



The muscles are also part of pain experiences. In particular, the deeper lying back Erector is a pain source. Neck pain often results from a stiff Trapezius muscle. Stress and wrong posture leads to tightening of smaller muscle groups between the vertebrae and the superficial transverse muscles.

It is good to loosen the tight muscles through specific exercises, massage, hot baths with Epsom Salts, etc. on a regular basis. Just as you take your car to regular services for maintenance, your body deserves the same attention. This way it should last you longer than any car you will have in your life. So don't you think your body deserves more attention?

To reduce the pressure on the discs you have to make sure you strengthen **all** the muscles: leg, arm, and, extremely important, the tummy and back muscles.

A common reason for tight muscles is wrong diet. The organism is acidic, we eat too much salt, drink too much coffee, and we don't drink enough water. Also emotional problems like anxiety, anger, grief or a very rigid attitude can be responsible for tight muscles which can change the whole body posture.

If the affected person finds no way to adequately solve the problems he/she is facing, these tight muscles become tighter and shorter, leading to pain in the neck and shoulder area as well as in the rest of the back. This pain then stresses the person and the emotional burden leads to even worse posture. A vicious cycle.

It is important to distinguish if this is a person's inner attitude or if they are taking on the attitude of another person like a relative, friend, colleague or employer. Realising these connections is a big task when working with people suffering from back pain. Final resolutions with these issues, though, is always the person's own responsibility.



Louise L. Hay, author of many healing books, says: “all disease comes out of non-forgiveness“. She divides a person’s back into 3 parts, upper, middle and lower back and draws conclusions in regards to the pain:

- upper back pain – person doesn’t feel enough emotional support
- middle back pain– person could be dealing with guilt, anxiety, fear to face some hidden issues
- lower back pain – financial concerns.

Hay’s suggestion for solving these problems is to train new mind-settings and train them until the inner and outer attitude conform. A good exercise to start with new mind-settings is to tell yourself in front of a mirror every day as often as possible:

- for general back pain: *I know that life always supports me*
- for upper back pain: *I love and accept myself. Life loves and supports me.*
- for middle back pain: *I let go of the past. I am free to move forward with a loving heart.*
- for lower back pain: *I trust the process of life. Everything I need has been taken care of. I am safe.*

I do not say, that these affirmations - or affirmations in general - will heal your back problems once and for all. But positive attitude training has helped and supported many people on their way to achieve better health.

With these affirmations, which everyone can take on board, you also take responsibility back into your own life. A therapist can only lead the way and offer their help. The patient must start walking **alone** as healing lies only **within**.



Many people feel fear about expressing the reality of their situations and how they feel about them. The pressure, socially, in family affairs as well as work related is increasing constantly and it is getting more and more difficult to do what we, as individuals, really need.

For example someone might say: "I have to work too much" but in reality feels and means: "I am not getting enough recognition and support". Or you might say: "I have stress" but really mean that you take too little time out for relaxation and resting. If you feel your situation puts a heavy strain on you, you may need someone to help you share the burden. Then it is up to you to ask for the help you need and you will get it if you persist.

A lot of emotional conditions can lead to some sort of back pain but if you realise it, it is up to you to change it and bring healing into your life. Unfortunately most people do not listen to their body so instead of taking time off to get professional help, they would rather take medication, hoping to find relief. But the pain does not go away and after some time the pain leads to postural changes and even to stiffening. Flexibility is reduced and the next step is sprains, pulled muscles, torn ligaments. Here it is again – the vicious cycle.



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Let's talk back:

"....These exercises are so simple and yet so effective. I now feel that I can manage my back problems without having to spend money for health care practitioners....." **Joanne Martin, Sydney**

"..... Before I learnt about Dorn Spinal Therapy and the simple exercises that come with it I saw a lot of health care practitioners. They all gave me exercises but they were just too time consuming and complicated so I never did them. These exercises I can do any time anywhere and they are so simple and logical that anyone can do them. And they really work....." **Peter Griffiths, Melbourne**

Dorn Spinal Therapy is a gentle treatment for those people suffering from back and/or neck problems. It originated in Germany where it enjoys an ever growing popularity and is now taking its journey around the world with more and more health care practitioners learning Dorn Spinal Therapy and more and more back pain sufferers benefiting from the treatment and its easy exercises.

Barbara Simon is one of the few practitioners having studied Dorn Spinal Therapy in Germany with the Master himself, Dieter Dorn. She introduced Dorn Spinal Therapy to the Australian and overseas Market as a practitioner and as a lecturer and has been featured on ABC National TV as well as in various health magazines and papers. Now she finally has written a book where she explains the simple exercises around Dorn Spinal Therapy so that anyone looking for relief for their back problems can try them and experience the benefits.



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Let's Talk Back is a guide to simple exercises based on Dorn Spinal Therapy that you can perform at any time, anywhere and without spending a lot of time or breaking out in sweats and feeling overwhelmed

